ROCKS

April - Now that "spring has sprung" we are having some sunny days. The air is sweet with the odor of early blooming flowers and early blooming fruit trees.

A large crowd attended the Alex Bosser funeral on last Monday.

The Prayer-time and Fellowship Circles met at Rocks Church on Tuesday for their meeting and to roll bandages.

Mrs. Rachel Ranson and Mrs. Nellie Roach were visiting Mrs. Edna Young awhile on Tuesday afternoon.

Otis Ranson is back in the hospital again.

Louise Roach and Ruby Almond were visiting the Baptist Center in Lynchburg Thursday morning.

Friends are sorry to hear Louise Young had surgery on Thursday. A speedy recovery is wished her.

Mr. and Mrs. Hudson Dickerson of Brookneal were visiting Mrs. Flora Dickerson on Wednesday.

Lisa Mitchell is spending a few days on furlough with her parents, Mr. and Mrs. Bobby Mitchell of Appomattox.

Mr. and Mrs. Bill Smith have returned from Costa Rica after spending six weeks there.

Friends are sorry to hear Mrs. Mildred Collins, wife of Dr. Carl A. Collins, Jr., of Dalleville is a patient at Roanoke Memorial Hospital in Roanoke.

A very speedy recovery is wished her.

Friends are sorry to hear Mrs. Grace Taylor is back in the hospital at Farmville. Hope she will soon be well.

Grace Covington is back home from the hospital much improved.

Mr. Raymond Hamlin, Sr., not Hamlett, returned home on Friday from Virginia Baptist Hospital after having surgery on Monday.

Sunday was Cooperative Fund Day. A fine message was brought by the pastor, Rev. A. M. Taylor. We missed having some visitors at this time. We had two to come in join our church family, Berrie Jeannette Anderson and Cristy Craft.

The W. M. U. and Brotherhood had charge of the service Sunday night. We saw a film, Pork Union Military Academy.

Jane Almond received her FHA Chapter Degree at the Annual Banquet on April 4 at Appomattox County High School. Her parents, Mr. and Mrs. Joe Almond received a red rose from their daughter.

Jane also was one of the retiring officers. Chaplain.

Lung Assoc. Plans Annual Meeting

The Central Region of the Virginia Lung Association will have its annual meeting on Monday, April 24, at the Prince Edward County Courthouse annex at 7:30 p.m.

According to L. A. Starling, president, "This is a very important meeting, and I urge all members and friends of our organization to attend. The public is also invited to take part."

New officers of the Central Region will be elected. Guest speaker for the evening will be Thomas O. Moak, assistant executive director of the Virginia Lung Association. His subject will be "Finding New Ways to Serve - Central Region 1978-79".

Chippokes Open Free During Garden Week

RICHMOND - Chippokes Plantation State Park will open with free admission during Historic Garden Week (April 22-30), announced Virginia State Parks Commissioner Ben H. BOlen.

Chippokes, with its original 17th century boundaries, offers the old plantation atmosphere enhanced by the antebellum mansion, brick kitchen, and spacious 6-acre garden landscaped with plantings that bloom from early spring until frost. Magnolias, boxwood, holly and beautiful crepe myrtle are used as background planting for spring bulbs and azaleas.

Chippokes Plantation is located across the James River from Jamestown Island and is approximately 6 miles from Surry. The Plantation is believed to be the oldest continuously working farm in America. Over 40% of the 1,600 areas consist of open fields, much of which is under cultivation or devoted to extensive grazing. The Plantation will be open every day during Garden Week from 10 a.m. until 6 p.m.

FREEDOM BAPTIST CHURCH REVIVAL

There will be a spring revival at the Freedom Baptist Church beginning Sunday night, April 23 through April 28 at 7:30 p.m. each night except Sunday at 7:45 p.m.

Guest speaker will be the Rev. Jim Simpson of Reedy Spring Baptist Church. We welcome you to come and bring your friends.

We're still holding services at the S.D.A. Church in Appomattox.

Rev. H. C. Crabtree, Jr., Pastor

EVERGREEN 4-H CLUB

The regular meeting of the Evergreen 4-H Club was held April 13, 1978 at the home of Anita and Charlene Harvey.

Tambra Hamlet, secretary, called the meeting to order.

Two of our 4-H members led the club in the American and 4-H pledges.

Kim Maxwell and M. J. House led us in a game.

Minutes of the previous meeting was read and approved.

The treasurer gave her report.

Under old business we talked of Pine Seedling forms and our last money-making projects.

Under new business we talked about buying a flag set for our club.

Fo r our program, Karen Stevens did her illustrated talk.

The secretary then adjourned the meeting and everyone had refreshments and fellowship.

Our next meeting is at the home of Joanie Canada. We invite you to come.

Karen Stevens, Reporter

STONEWALL

Daniel purposed in his heart that he would not defile himself. Daniel 1:8

Mrs. Maude Braford and Mrs. Minnie Burnett went to Richmond to see Hugh Braford Sunday. He is slowly improving.

Mr. and Mrs. Lyn Staton and Stacey, Mr. and Mrs. Vernon Staton spent Saturday night with their daughter Sandy in Harrisonburg, VA.

Rev. and Mrs. Irwin Hulbert of Washington, D. C. visited her aunts, Mrs. I. B. Wheeler and Mrs. Elsie Caldwell last Tuesday. He is doing fine after having heart surgery 2 years ago.

Last Tuesday Mrs. Estelle Martin visited Mr. and Mrs. I. B. Wheeler also Mrs. Connie Garrett.

Sunday, Mr. and Mrs. Ben Wheeler, Mrs. Bertha Jones, Mr. and Mrs. Tom Ray Burnett, Mrs. Elsie Caldwell and Mrs Nina Caldwell visited Mr. and Mrs. I. B. Wheeler.

The youth took over the services at Hebron Sunday and what a grand job they did. We never know what our young ones can do till we put them to the test.

Mrs. Tom Davidson went to Lynchburg Friday and had her eye operated on. Do hope she will soon be better.

Mrs. Wallace Bondurant is at the home of her sister, Mrs. Ruby Oakes at Rustburg, VA. Do hope she will soon be able to come home.

Mrs. Elsie Caldwell visited Miss Cordell Crist in Lynchburg on Monday.

VIRGINIA FIBRE REPORTS WEEKLY WOOD PURCHASES

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending April 10, 1978. Purchases are listed by counties.

Amelia	1,668.75
Amherst	6,261.21
Appomattox	8,330.01
Augusta	—
Bedford County	303.18
Buckingham	10,681.92
Prince William	599.04
Rockbridge	1,196.66
Campbell	8,042.91
Charlotte	3,829.22
Cumberland	4,230.98
	2,111.50
Goochland	2,327.41
Halifax	2,115.55
Nelson	17,391.02
New Kent	—
Pittsylvania	586.74
Powhatan	1,011.40
Prince Edward	9,075.75
Total	**83,369.59**

We feel our readers in Appomattox County and in adjoining counties will be interested in this information.

MISS WHITE'S 4-H CLUB

Miss White's monthly 4-H meeting was held on April 11, 978. Lynn Robinson and Sherry Ferguson led us in a game of doggy and the bone.

Miss Smith showed us some slides on the 4-H camp coming up on August 7-11.

License Fee Break For Farmers

RICHMOND - As of July 1, trucks used exclusively in farming with weight limits ranging from 7,500 pounds to 76,000 pounds will qualify for a 50 percent reduction in license fees.

The legislation was signed last month by Governor John N. Dalton after winning overwhelming approval in both the House and Senate during the 1978 session of the General Assembly.

Farm Bureau won a key effort for its members with approval of the measure, which extends the provisions of the existing farm truck license law to the maximum weight limits for a truck traveling Virginia's highways.

"We were very pleased with the success of this bill in the General Assembly," said VFBF President Robert B. Delano. He noted the savings to many Farm Bureau members by enactment of the legislation would equal or better membership fees. In past year, farmers were forced to pay fees under the private carrier rates.

Farm Bureau leaders throughout the state contacted their respective legislators to gather support for the bill while others testified during committee hearings as the measure passed through the General Assembly.

A breakdown of the annual license fee by weights for farm trucks under the new statute is shown below. Specific fees for farm trucks will fall within the range for vehicle weights.

The new law has no bearing on the unlicensed farm truck statute which was preserved and allows the farmer to operate unlicensed vehicles within a 10-mile limit.

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STRIPED BASS BEGIN SPAWNING RUN

Larry G. Hart, Supervising Fish Biologist for the Game Commission from Goodview, Va., has reported that striped bass are now running in the Staunton River as far upstream as Brookneal, Va. Hart said that, "stripers were also in the Dan River as far up stream as Milton, N. and that the fish are expected to be throughout the area river systems by this weekend as a result of their annual spawning run from Buggs Island Lake."

The record striped bass to be taken from Virginia waters is the 39 lb. 8 oz. fish boated by Paul J. Gordon, Jr. from Lynchburg, Va. Gordon caught the fish in the Dan River April 26, 1975.

Mrs. Knight's 4-H Club

Mrs. Knight's class had their eighth 4-H meeting April 12, 1978. Dennis Reynolds led us in the American Pledge. Susan Booker led us in the 4-H Pledge. Then, Lisa Williamson read the minutes of the last meeting. Mr. Sweet told us that the pine seedlings and wildlife feed patch seed would come this week. Mr. Sweet gave out sheets for our 4-H demonstrations. He talked about camp and scholarships. We saw slides on camp. We had two new projects, Fishing and Vegetables. We talked about Five County Fair, poster contest and the dog show.

Sheila Mullins, Reporter

AUDREY HAMILTON WALKS 25 MILES

Audrey Hamilton of Route 1, Appomattox, was one of the participants in the recently held 25-mile Walk-A-Thon in Lynchburg for the March of Dimes.

She walked the entire 25 miles and is to be congratulated.

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GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

Eating Out on a Diet

People on a diet must be careful when eaitng out because their week's supply of extra calories can be consumed in one meal. It is fun to go out to eat, but with some caution, you can eat out and enjoy it and not ruin your dietary allowances for the week.

If eating out is something one rarely does, then food selection may not be much of a problem. But if eating out is a frequent occurance, then selecting food which contributes necessary nutrients within one's calorie allowance becomes extremely important.

The best advice for those going out to eat while on a diet is to choose the place with a variety of food items. A cafeteria, for example, may offer more food items which are included on the weight reduction program than a fast food restaurant. Likewise, a restaurant with a good salad bar also offers a great deal of variety of low calorie foods.

The method used to prepare the food can also make a wide range of difference in calorie and fat content. For example, one six ounce piece of broiled fish fillet has less than 200 calories, but a fish fillet sandwich which is deep fat fried will have over 400 calories. Tartar sauce which is served on most fish sandwiches adds another 75 calories. Remember, also, 1 tablespoon of mayonnaise has 100 calories.

Dieters need to be cautious when eating pizza. If limiting food intake is a problem a 5½ inch section of a 13 inch plain cheese pizza has 185 calories. Think of what you are consuming when you eat a half of a whole pizza.

Many weight watchers think a tossed salad is the lunch to choose, but this may not be necessarily so. The vegetables in the tossed salad may be low in calories, but add a hard cooked egg (80 calories) and ½ ounce of cheddar cheese (60 calories) and ¼ cup blue cheese dressing (300 calories) and the total calorie count may be about 500. You may still perfer to have these 500 calories rather than a sandwich that may be 300+.

A dieter could have a 3 oz. beef pattie on a bun with mustard and a glass of milk for 450 calories.

Choice of beverages to have with your meal can also increase the meal's total number of calories and nutritional value. Black coffee and tea are no calorie, no nutrient beverages. A 12 oz. serving of cola will add about 145 calories, but no nutrients. Milk has about 160 calories per 8 oz., but contributes important amounts of protein, calcium and riboflavin to the diet.

A milk shake may contain over 300 calories itself. By the time this is added to your favorite hamburger or fish sandwich combination, think of all the calories you are consuming.

Be careful when choosing a dessert off the dessert cart or dessert section of a cafeteria. A normal size serving of fruit pie will contain from 300 to 400 calories. Also, you will be interested in knowing that a normal serving of pecan pie is 430 calories, while a normal serving of strawberry pie is only 185 calories. A small brownie with nuts is 90 calories and baked custard is 150 calories for an average serving. An alternative to pie is to order ½ grapefruit which has only 45 calories or ½ cantaloupe which will soon be in season and would cost us only 75 to 80 calories in our day's allotment.

Another thing to remember is that fat in the form of butter or sour cream or cream cheese added to potato, bread, or vegetable adds calories and should be avoided unless specifically suggested in your diet plan.

There are many ways that we can cut calories. Remember, many of us can cut our caloric intake for a day and increase our physical activity and lose gradually. Be cautious about trying any of the fad diets. These are not recommended by nutritionists. The best method in which to lose weight is to increase the amount of exercise you take (not strenuous exercise, but normal daily activities) and cut gradually on the amount of food that you eat.

Should you have a homemaking question or problem you may call or write the Appomattox County Extension Office, P. O. Box 488, Appomattox, Va. 24522. Our telephone number is 352-8244. it is always a pleasure to hear from you. Have a good week.

RECIPE OF THE WEEK
Sweet Potato Deluxe

3 cups mashed sweet potatoes (these may be cooked fresh potatoes or canned ones)
⅔ cup sugar
¼ cup milk
2 eggs
1 teaspoon vanilla
1 stick butter or margarine
Mix the above ingredients together thoroughly and add the following topping.

* * *

Ingredients for the topping are:
1 cup chopped nuts
1 cup brown sugar
⅓ stick butter or margarine
½ cup flour

After topping has been added, bake in a 350 ° oven for 30 minutes. Potatoes may be prepared several days ahead and kept in the refrigerator. The topping should not be added until you are ready to bake them for your special meal.

Many thanks to Mrs. Neola Smith for sharing this delicious recipe with us. You will want to try these for some of your special spring meals.

Cost of Solar Energy Heating Systems Discussed

BLACKSBURG - Perhaps the most frequently asked question about solar heating is, "How much would it cost to add a solar energy system to an existing house?"

To help answer this question, Bill Mashburn, Extension specialist, technical resources, at Virginia Tech, supplied an example house.

He warned that it is impossible to predict the cost of a solar system without doing extensive research for a particular house, so this can only be used as a guideline.

The model house is conventional wood-frame construction with 1,500 square feet of floor space and is located in Silver Springs, Md.

Based on an analysis of the model house's building materials, insulation, resident needs and climatic conditions, the energy requirement for space and hot water heating over a period of one year was estimated at about 27,000 kilowatt-hours. At current local energy rates this would cost about $670. Projecting what the cost of the same amount of energy would be 15 years from now, the cost was estimated at about $1,700.

Once the energy needs are established, one of the first considerations for an efficient heating system, regardless of the type, is proper insulation. In the model house, the insulation is good and so no expenditure would be required for additional insulation for the house.

The solar system which is being considered would displace 85% of the heating requirements by 50 percent for space heating and 85 percent for domestric hot water. The solar equipment includes 225 square feet of collectors and a 300-gallon storage tank. The solar equipment and the installation of the system would cost about $7,500.

By using this system the normal energy cost would be reduced by $350 for the first year. Based on projected increases in energy costs, this would be a savings of about $9,000 over 15 years. In approximately 12 years the system would pay for itself.

Mashburn again warned that this is only the cost for one house and should only be used as a rough estimate. The field of solar energy research is still too new to fix any prices and the cost of systems vary extensively from one dealer to another. Because it is still an embryonic science it is important to talk with a professional adviser who is actively working on solar energy. This can help insure that the system purchased is the best available.

He explained some of the factors a solar consultant would consider in the assessment. These include the heating requirement of a house based upon orientation; type and amount of insulation; building materials; climatic conditions; topography; latitude; altitude and other site characteristics. Using this information the consultant could then make a life-cycle cost analysis of a few systems which would fulfill the energy requirement and recommend the most efficient and economic system. Purchasing a solar system without these considerations is a real gamble, Mashburn said.

The next logical question would be how to contact a reliable engineer or architect.

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Eating Well

By Mrs. Barbara L. Morlang, R.D., Ph.D.
State Nutrition Consultant
Virginia Department of Health

Cigarette Smoking and Vitamin C Loss

There have been many studies and research articles written telling us how cigarette smoking contributes to cancer. However, there have been very few studies dealing with the effects that cigarette smoking have on the nutrients found in food. One study which was done in 1973 in Canada by their Bureau of Nutritional Sciences checked the vitamin C levels of smokers. Over 2,000 people ranging in age from 20 to 64 took part in the study. The participants were considered to be representative of the five main regions of Canada.

The amount of vitamin C levels found in the blood of those who were considered moderate smokers (under 20 cigarettes a day) was 25 percent lower than the vitamin C levels of non-smokers. The level of vitamin C in the blood of heavy smokers (over 20 cigarettes a day) was 40 percent below that of the non-smokers. The study found that there were no differences between the levels of vitamin C in the blood of pipe and cigar smokers when compared to the non-smokers.

The amount of vitamin C consumed by the cigarette smokers and the non-cigarette smokers was the same; therefore, it is believed that in some way, cigarette smoking makes vitamin C less available to our bodies. In other words the more we smoke the less vitamin C will be available for our bodies to use.

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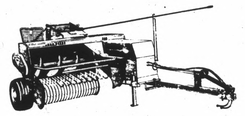

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